

# Ascend

Mental Health  
Treatment Services



**NOW ACCEPTING REFERRALS**

The **Ascend** program offers residential Mental Health treatment services to youth ages 12 through 17 (born male) who struggle with emotional and/or behavioral difficulties, and who have not found success with previous lower-level interventions.

The foundation of the Ascend program is built from trauma-informed concepts of attachment theory, integrated with the evidence-based framework of Dialectical-Behavioral Therapy (DBT). Emphasis is also placed on the importance of caregiver support and involvement throughout treatment for successful and sustained reintegration into the community.

**Expected typical diagnoses treated within Ascend include, and may not be limited to:**

- Bi-Polar disorder
- Post-traumatic stress disorder (PTSD)
- Attention-deficit/hyperactive disorder (ADHD)
- Anxiety disorders
- Reactive attachment disorder

*The program will not provide services to youth who have a primary conduct disorder or primary substance use disorder diagnosis, or who have a history of uncontrolled aggressive or assaultive behaviors.*

**Services we provide:**

- Individual Therapy
- Family Therapy
- Group Therapy
- Mental Health Groups
- Residential Case Management
- Psychiatry and Medication Management
- On-site Education
- Therapeutic Recreation
- Community Outings and Activities
- Family Support Services
- Aftercare Options

Please direct referrals and/or questions for Bar None Ascend to the YRS Referral Coordinator Sara Ellis

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